

Urban Housing Built for All, The Lasting Impact of Age-Friendly Design Principles

Adam Fromme
Emily Valentine

2019 Community Engagement Conference
Columbus, Ohio
January 2019

Together we work as researchers,
consultants, and educators on aging issues.

Adam's perspective is through the lens
of **environmental graphic design**.

Emily's perspective is through the lens
of **interior design**.

Good design works

for most;

Great design works

for all.

Urban Housing Built for All, The Lasting Impact of Age-Friendly Design Principles

A designer's perspective on age-friendly housing

1. Housing overview
2. Where are we
3. Our observations
4. What can we do

ONE

Housing overview

Number of older adults are increasing

Older adults are those 65+ years old

The number of older adults will double from 40 million in 2010 to 81 million in 2040 (US Census).

Living longer

Females in the 1960s could expect to live to 73, males 67; and in 2015 those number rose to 81 (+8 years) and 76 (+9 years), respectively (The World Bank, 2018).

Baby Boom generation

Those born between 1946–64 are now accounting for a +7% population increase in the 65+ cohort

Awareness to a “new normal”

Some age-related health issues

Decreased vision: legibility, readability, contrast, fine print

Skin issues: sun and solar control

Changes in voice + hearing loss: sound control, communication

Changes in body build: reach, walking gate

Mobility issues: stamina, frailty

Awareness to a “new normal”

Additional age-related health concerns

Feeling of social isolation

Cognitive decline

Reduced memory performance

Irritation

Paranoia

Depression

As a response

World Health Organization

Age-friendly Cities Initiative

The focus is on

Creating positive experiences for older adults

Prompted questions

How...?

What...?

Designers proclaimed
“We can help!”

We can help!

Technology designers



Snapfon ezTWO Senior Cell
Phone with Tracker

https://assistedlivingtoday.com/blog/best-smartphones-for-seniors/?fbclid=I-wAR1-dJ_o8bRiSPhBu3JLwWsmeVHRaYwEg2EZuLr3X12qbXsq3kH-4PHU2mg



Elderly Heart rate monitor
Smart Watch

<https://www.amazon.com/AMTERBEST-Positioning-Medicine-Reminder-Sedentary-Compatible/dp/B07CZB4P5Q>



Apple iPad

<https://bookprinting.com/resources/ebook-file-types>

We can help!

Product designers



Triobike

<https://road.cc/content/news/227172-can-you-help-elderly-people-get-back-out-bike>



GripWare Scooper Plate

https://www.allegromedical.com/daily-living-aids-c519/gripware-plastic-scoop-dish-p560146.html?CS_003=9164468&CS_010=ff808181222c51ce-01222cc827d60020&gclid=EAlaIQobChMI6-LBI_GC4AIVEZ7ACh24yAaXEA-QYASABEgL5hvD_BwE#1222-CC8281B



Great Grips Two Lever
Doorknob Grippers

https://www.ncmedical.com/item_1878.html

We can help!

City planning designers



Increasing crosswalk time

<https://www.theguardian.com/cities/2016/apr/25/improving-with-age-how-city-design-is-adapting-to-older-populations>



Redistricting areas

<http://www.planning-next.com/2013/11/16/planning-next-helps-dublin-re-imagine-its-aging-office-districts/>



Alternate transportation

<https://www.aarp.org/home-garden/transportation/info-06-2011/aarp-transportation-for-those-who-dont-drive.html>

But, when we shifted to housing...



Senior apartments

<https://www.apartments.com/forrest-pines-senior-apartments-new-port-news-va/6jrw48v/>



Granny pods

<https://www.allcreated.com/surprising-granny-pod-ideas/>



Retirement towns

<https://www.realtor.com/news/trends/fastest-growing-retirement-towns/>

TWO

Where are we?

Well, we started to notice something

As soon as an age-friendly product, technology, or other new solution for the home would become available, everyone would run to it.

Population in need.

Well, we started to notice something

As soon as an age-friendly product, technology, or other new solution for the home would become available, everyone would run to it.

But we saw all these potential pitfalls, concerns, and issues.

Age-friendly housing meant something big, expensive, new.

Our response
“Noooooooooooo!”

Who designed this!?

Our knee-jerk reactions was to pick apart these solutions.

Some had really good ideas, many were helping others,
but we kept wondering...

Why was this so frustrating to us!

1. Did not include older adults

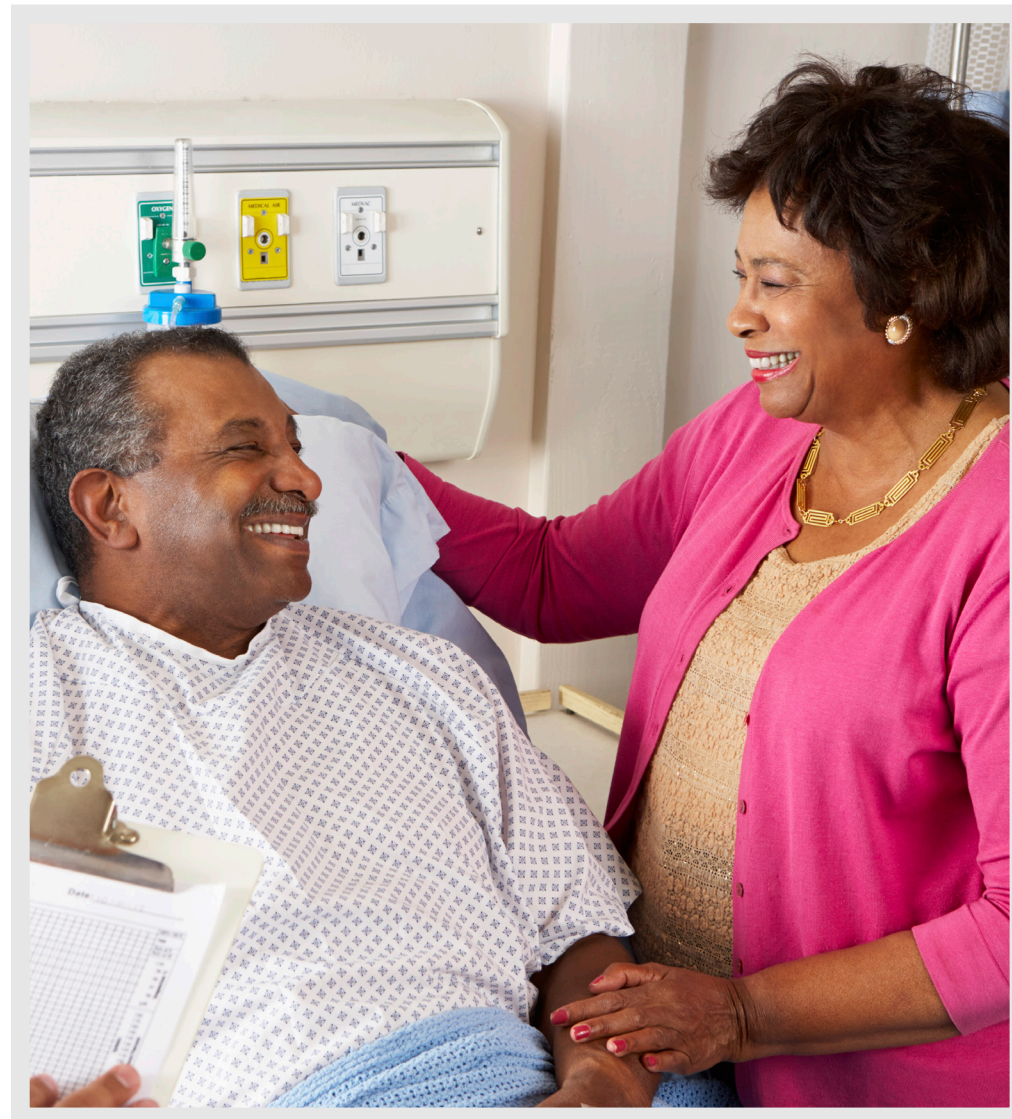
1. Did not include older adults

2. Addressed frustrations, not problems

1. Did not include older adults
2. Addressed frustrations, not problems
3. Assumed older adults will settle

1. Did not include older adults
Older adults are the experts
2. Addressed frustrations, not problems
Need to identify what is useful
3. Assumed older adults will settle
Understand what they want to do

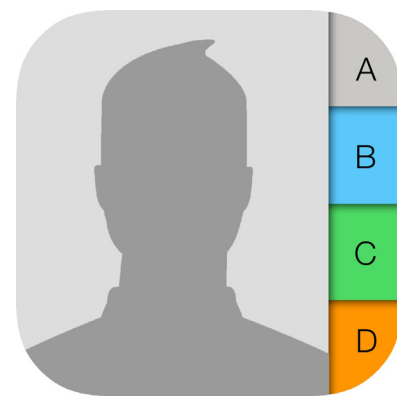
We saw this in solutions to help older adults **by changing their environments**



Sense of isolation that is part of
moving to a new home.

Drastic change can completely
disrupt their normal.

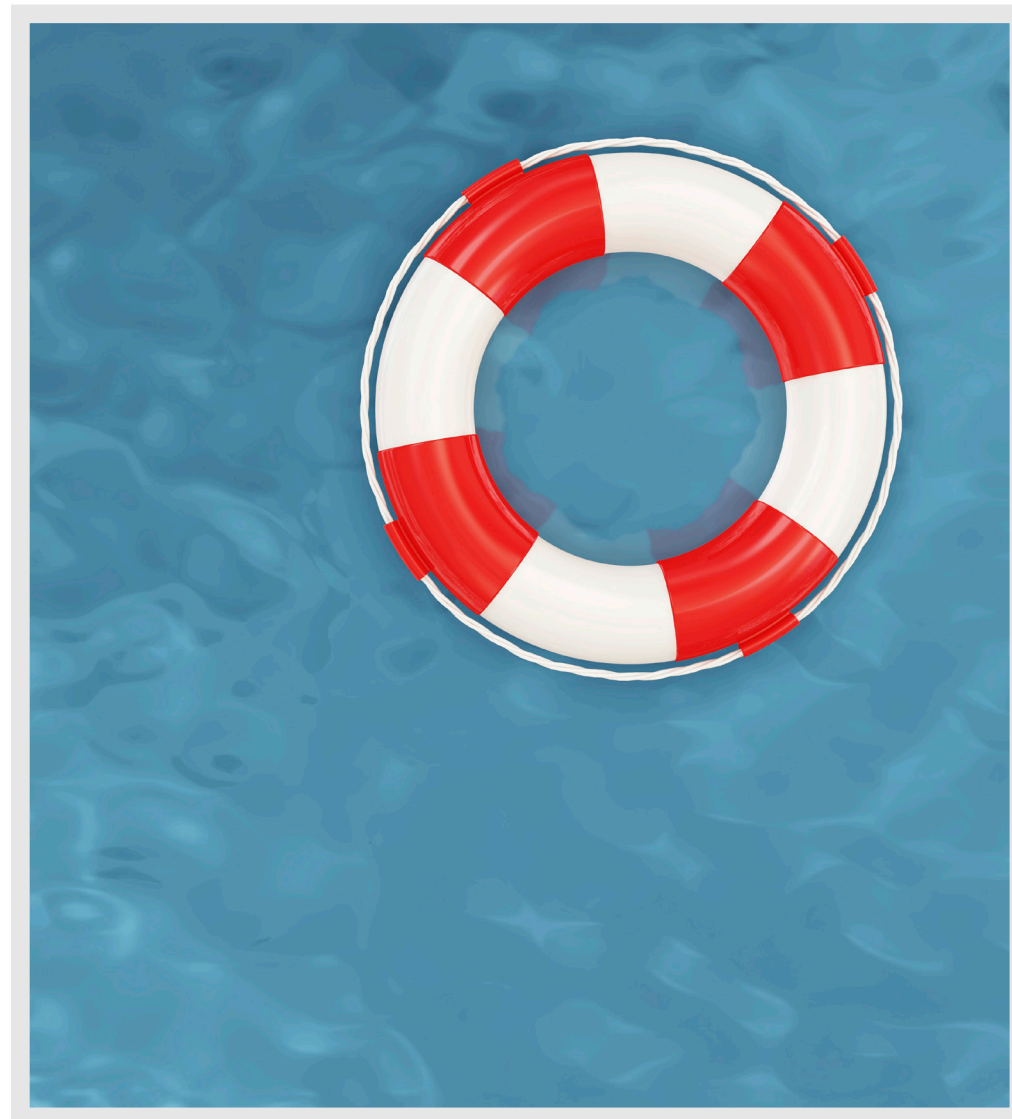
We saw this in solutions to help older adults **by changing their technology**



Apple recently updated their
Contacts Icon

For an older adult with Dementia,
this automatic change completely
disrupts their routine.

We saw this in solutions to help older adults **by changing their lifestyle**



Realizations about their
Financial planning

Few are able to meet the
requirements of a care facility.

THREE

Our observations

This is not all doom and gloom

We are collecting valuable data

Great ideas are out there

Attention is being directed towards older adults

Moving in a positive direction

We're going 80%
of the way,
**but what's that
last 20%?**

So, how can we get there?

A new perspective

Human-centered

Useful

Sucessful

A new perspective

Human-centered

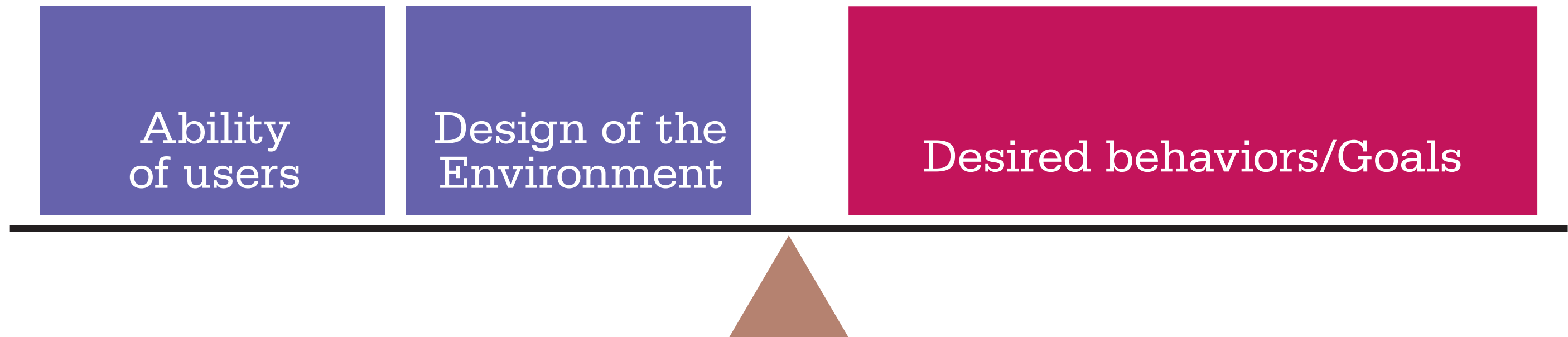
Useful

Successful

Ability
of users

Design of the
Environment

Desired behaviors/Goals



A new perspective

Human-centered

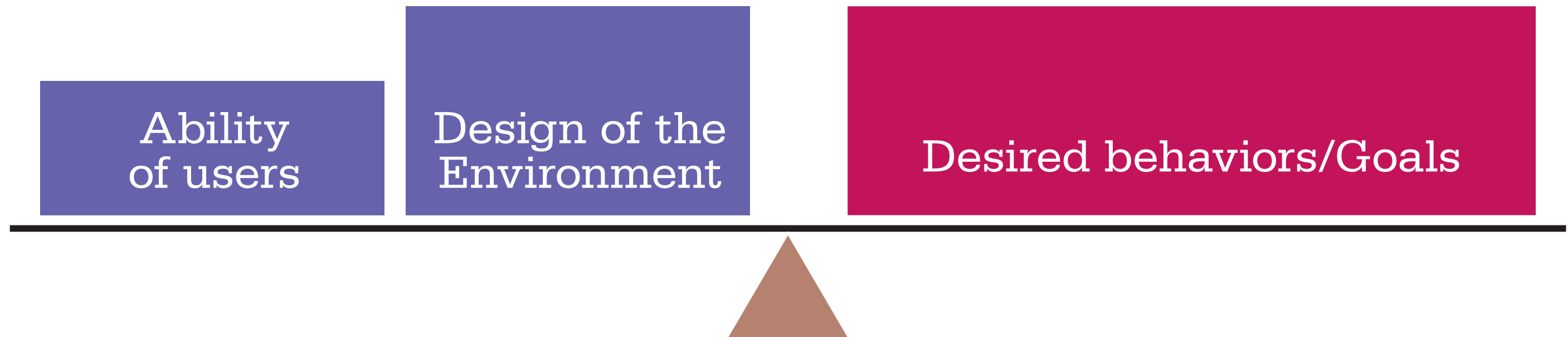
Useful

Successful

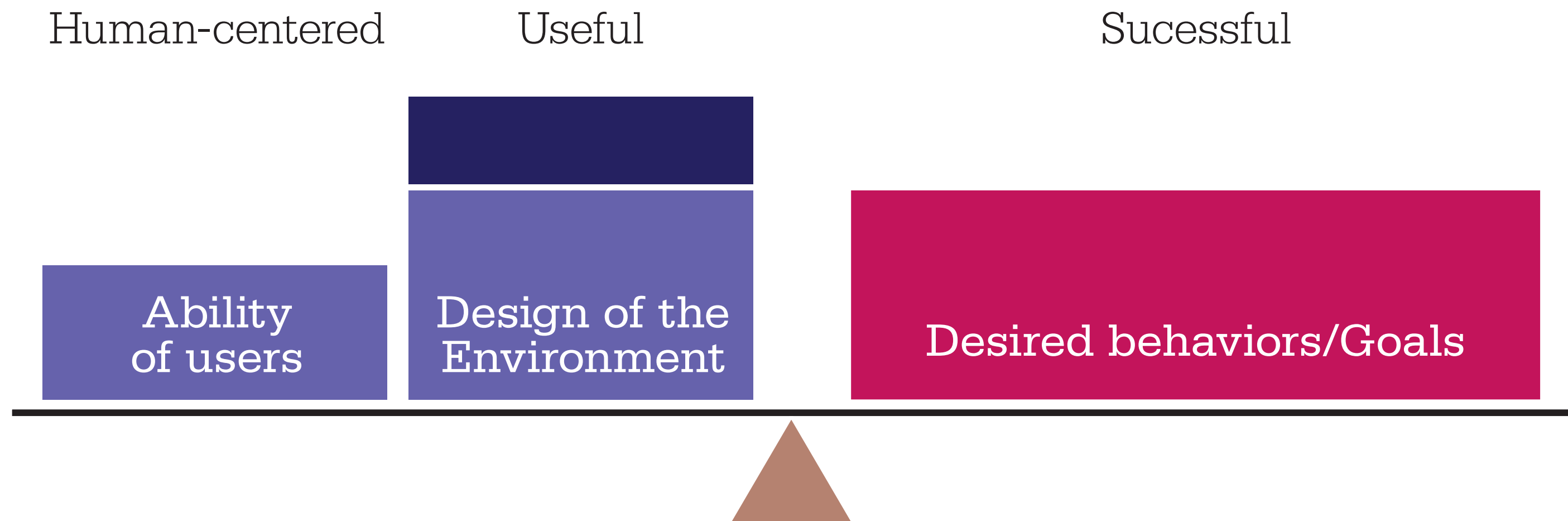
Ability
of users

Design of the
Environment

Desired behaviors/Goals



A new perspective



To support current older adults that are
Active,
Exciting,
Energetic,
Social,
Modern,
and actually a lot like the Millennials.

So how can we **design** to support them?

Look at **Universal design** through the lens of aging

Design needs to address this complex process
**of aging experiences within the walls
of age-friendly housing.**



TENET 1

Equitable



Useful to people with diverse abilities

Think about
Seated, standing, distance to reach, etc.

TENET 2

Flexibility in Use



Accommodates a wide range of abilities

Think about
Dexterity, range of motion, etc.

TENET 3

Simple and intuitive use



Use is easy to understand

Think about

Nighttime disorientation, easy to find, etc.

TENET 4

Perceptible information



Communicates information effectively

Think about

Which lamp does this control, is it working, etc.

TENET 5

Tolerance for error



Minimizes hazards unintended actions

**Think about
Other lights in the room, etc.**

TENET 6

Low physical effort



Can be used efficiently and comfortably

Think about
Dimmability, light color, task control,
contrast color, etc.

TENET 7

Size and space for approach and use



Size and space is provided for approach, reach, and use

**Think about
Hallway, living room, bedside, etc.**

Putting it all together



It is no longer about the light switch,
but the overall lighting experience.

Conditions, tasks, most-difficult scenarios, etc.

Putting it all together



FOUR

What can we do



Prompt 1

Not a bed

A bedroom



Prompt 2

Not a shower head

Preparing for the day



Prompt 3

Not a pill container

A medication routine

I not only use all the
brains that I have, **but**
all that I can borrow.

Woodrow Wilson



Prompt 4

Placing items within reach

**Universal Design Living
Laboratory**



Prompt 5

Transition points



Prompt 6

Planning for future need

1. Collaborate

With peers

With our front line advocates

2. Collect

What are people doing

What's working well

What's can be improved

3. Create

Standards that can direct the future of housing

Standards that can last

Addressing meaningful issues in Age-friendly housing

Reduce stress

Reduce family strain

Reduce fear/anxiety

Addressing meaningful issues in Age-friendly housing

More active

More social

More healthy lives

**We want to be at the center
of this conversation in Columbus**

Thank you + Questions

Adam Fromme
adam@ciadr.com
@adamfromme

Emily Valentine
emily@ciadr.com

2019 Community Engagement Conference
Columbus, Ohio
January 2019